

7th Grade Wellness Class

Creating Healthy Habits for a Brighter Future

Yoga

SEL

Mindfulness

Breathing

Journaling

Financial Literacy

SCHOOL ADMINISTRATION

Principal
Alexander Angueira

Wellness Teacher
Yoga & SEL Facilitator
Ms. Roll

Our Mission & Vision

What drives the 7th Grade Wellness Program

OUR MISSION

To empower students through mindfulness, breathing exercises, social emotional learning, and yoga.

Students explore self-confidence, empathy, goal-setting, emotional intelligence, and financial literacy while developing healthy coping strategies and essential life skills.

Our goal is to support the whole child — academically, socially, emotionally, and personally — in a safe and supportive environment.

OUR VISION

To create a wellness program that empowers students to build healthy habits, strengthen resilience, and develop essential life skills.

Through mindfulness, yoga, and Social Emotional Learning (SEL), students are supported in growing academically, socially, and emotionally in a safe and caring environment.

These practices help increase confidence, self-awareness, emotional well-being, and academic success.

Meet Your Wellness Teacher

Albert Shanker School I.S. 126 • 7th Grade Wellness

**Ms.
Roll**

Ms. Roll

Wellness Educator • Yoga Teacher
SEL & Mindfulness Facilitator

Principal: Alexander Angueira



Certified Yoga Instructor

Teaching yoga, breathing techniques, and mindfulness practices to middle school students



SEL Facilitator

Social Emotional Learning activities that build empathy, self-awareness, and resilience



Mindfulness Educator

Breathing practices, meditation, and stress-reduction techniques for academic success



Journaling & Wellness Coach

Gratitude journaling, vision boards, goal-setting, and life skills development

Curriculum Overview

Three Pillars of the 7th Grade Wellness Program



Mindfulness & Resilience

- Breathing & Mindfulness
- Journaling & Gratitude
- Resilience & Confidence
- Organization Skills
- Perseverance & Grit
- Positivity & Optimism



Emotional Well-being

- Emotional Intelligence
- Empathy & Kindness
- Healthy Habits
- Self-Care & Relationships
- Love & Connection
- SEL Activities & Games



Physical & Life Skills

- Yoga & Movement
- Goal Setting & Vision Boards
- Action Planning
- Decision-Making Skills
- Financial Literacy
- Educational Games



Yoga & Movement

Building strength, flexibility, and inner calm

What Students Learn

Tree Pose, Warrior, Child's Pose & more

Breath-to-movement synchronization

Body awareness and mindfulness

Core strength and flexibility

Stress relief and emotional regulation

Partner poses and community building

Benefits

Improves Flexibility

Reduces Stress

Builds Balance

Boosts Focus

Strengthens Body

Promotes Calm

✨ Yoga is practiced weekly as a core component of our Wellness Class

SEL & Mindfulness Practices

Social Emotional Learning at the heart of Wellness



Breathing Practices

Box breathing, 4-7-8 technique, and calming breath exercises to manage stress and anxiety.



Mindfulness Moments

Guided mindfulness sessions, body scans, and present-moment awareness activities.



Gratitude & Journaling

Daily gratitude practice, reflective journaling, and building a positive mindset every day.



Empathy & Kindness

Kindness challenges, perspective-taking exercises, and building compassionate relationships.



Educational Games

Interactive SEL games that reinforce emotional intelligence, teamwork, and decision-making.



Perseverance & Grit

Growth mindset lessons, overcoming obstacles, and celebrating effort over perfection.



Topics We Explore

Important life conversations that shape who we become

Perseverance

Never giving up when things get hard

Gratitude

Appreciating what we have and expressing thanks

Kindness

Treating others with care, compassion & respect

Goal Setting

Creating S.M.A.R.T. goals and action plans

Vision Boards

Visualizing our future with purpose and intention

Positivity

Building an optimistic and growth-oriented mindset

Love & Connection

Healthy relationships, self-love, and belonging

Financial Literacy

Saving, budgeting, and making smart money choices

Optimism

Choosing hope and seeing opportunities in challenges

Resilience

Bouncing back stronger from setbacks and stress



Journaling & Goal Setting

Self-reflection, vision, and intentional action



Journaling Practice

- Daily gratitude entries — what am I thankful for today?
- Reflection prompts about emotions, choices, and growth
- Self-affirmation writing — positive self-talk exercises
- Weekly goal check-ins and personal progress notes
- Free-write Fridays — creative expression and storytelling
- Letter to my future self — monthly reflective activity



S.M.A.R.T. Goal Setting

S

Specific

M

Measurable

A

Achievable

R

Relevant

T

Time-bound



Vision & Action Boards

Students create personalized vision boards that capture their dreams, goals, and values. Action boards turn those visions into concrete steps — building planning skills, motivation, and a growth mindset that carries beyond the classroom.



Financial Literacy

Teaching kids the money skills that last a lifetime



Saving Money

Why saving matters, how to open a savings account, and building the habit of saving first.



Budgeting Basics

Creating a simple budget, tracking income vs. expenses, and making every dollar count.



Wants vs. Needs

Understanding the difference between necessities and desires to make smarter spending choices.



Credit & Debt

Introduction to credit cards, how interest works, and avoiding financial pitfalls.



Investing Ideas

Simple concepts around compound interest, stocks, and growing money over time.



Financial Goals

Setting short- and long-term money goals and creating a plan to reach them step by step.

Special Programs & Events

Beyond the classroom — experiences that make wellness real



Anti-Vaping Event

A powerful annual awareness event where students learn about the dangers of vaping and tobacco products. Guest speakers, student presentations, and interactive stations create a lasting impact.



Wellness Garden

Our school garden connects students with nature, teaches responsibility, and demonstrates the link between healthy food and wellness. Students plant, grow, and harvest throughout the year.



Monthly Wellness Newsletter

Each month our class publishes a wellness newsletter featuring health tips, student spotlights, staff shout-outs, motivational quotes, and wellness topics relevant to our community.



Educational Games

Interactive games that reinforce SEL concepts, financial literacy, and wellness topics. Games are designed to build teamwork, critical thinking, empathy, and fun learning experiences.



Monthly Wellness Newsletter

Keeping our community informed, inspired, and connected

What's Inside Each Issue?

Wellness Tips & Healthy Habits of the Month



Student Shout-Outs & Achievements



Staff Spotlights & Recognitions

Monthly Wellness Topic Deep-Dive

Yoga & Mindfulness Techniques to Try at Home

Motivational Quotes & Affirmations

Resources for Parents & Students

Garden & Community Updates

Monthly Topics Throughout the Year

September

Back-to-School Wellness & Goal Setting

October

Stress Management & Breathing Techniques

November

Gratitude & Giving Back

December

Self-Care During the Holidays

January

New Year Intentions & Vision Boards

February

Love, Kindness & Healthy Relationships

March

Financial Literacy & Smart Money Habits

April

Earth Day, Garden & Environmental Wellness



Full Topic Outline

Everything covered across the school year

Mindfulness & Resilience

- Breathing & Mindfulness
- Journaling & Gratitude
- Resilience & Confidence
- Organization Skills
- Perseverance & Grit
- Positivity & Optimism

Emotional Well-being

- Emotional Intelligence
- Empathy & Kindness
- Healthy Habits
- Self-Care & Relationships
- Love & Connection
- Anti-Bullying Awareness

Physical & Life Skills

- Yoga & Movement
- Goal Setting & Vision Boards
- Decision-Making Skills
- Financial Literacy Intro
- Educational Games
- Community & Garden

Together We Grow

Wellness, mindfulness, and joy — every single day at I.S. 126

*"You cannot go back and change the beginning,
but you can start where you are and change the ending."*

School

**Albert Shanker School
I.S. 126**

Principal

Alexander Angueira

Wellness Teacher

Ms. Roll

Classes

7th Grade Wellness

 *Every student deserves to thrive — mentally, physically, and emotionally* 